

## DEPARTMENT OF SOCIAL SERVICES

744 P Street, Sacramento, CA 95814



May 2, 1995

ALL-COUNTY INFORMATION NOTICE

I-22-95

TO: ALL COUNTY WELFARE DIRECTORS

## REASON FOR THIS TRANSMITTAL

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/>            | State Law Change                                |
| <input type="checkbox"/>            | Federal Law or Regulation Change                |
| <input type="checkbox"/>            | Court Order or Settlement Agreement             |
| <input type="checkbox"/>            | Clarification Requested by One or More Counties |
| <input checked="" type="checkbox"/> | Initiated by CDSS                               |

SUBJECT: Food Stamp Nutrition Education Plan

This is to inform County Welfare Departments (CWDs) that the California Department of Social Services (CDSS) has entered into an inter-agency agreement with the University of California Cooperative Extension (UCCE) to provide nutrition education services to Food Stamp recipients. For the period January through September, 1995 UCCE will serve Food Stamp recipients in twenty-three counties (see enclosed listing).

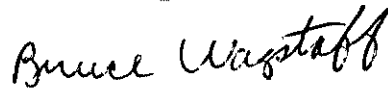
Enclosed are portions of the Nutrition Education Plan, approved by the United States Department of Agriculture's Food and Consumer Service, which describe the program. CDSS will serve as the conduit for federal match funds and UCCE will provide the state match funds and the expertise necessary to provide the nutrition education services. Chart 1, beginning on Page 6 of the plan, identifies the specific target areas within individual counties that will be served. Chart 5, beginning on Page 24, describes the target population and the proposed activities. The program will be coordinated out of the University of California at Davis. Individual county contacts will be made through the local County Extension Office or CDSS, if appropriate.

To the extent that UCCE state match monies are available, we intend to work cooperatively with UCCE to expand the program into more counties. Provision of nutrition education services will assist in achieving our goal of greater self-sufficiency for welfare recipients. By improving cooking and shopping skills, we hope that recipients will be better able to stretch their financial resources and improve their diet.

Implementation of this project is not a mandate on CWDs to assist UCCE in any specific way. CWDs are encouraged to work cooperatively with UCCE to the extent possible in providing space for classes, distributing newsletters, etc. Many CWDs already have established an excellent working relationship with UCCE and are looking forward to assisting with this project.

If there are any problems or if you have any questions, please contact Charlotte Doisy of the Food Stamp Program Bureau at (916) 657-3356. We look forward to establishing and maintaining an excellent working relationship with UCCE and will work cooperatively with them to resolve any problems that arise.

Sincerely,

A handwritten signature in dark ink, appearing to read "Bruce Wagstaff". The signature is fluid and cursive, with the first name "Bruce" and last name "Wagstaff" clearly distinguishable.

BRUCE WAGSTAFF  
Acting Deputy Director

c: Food Stamp Coordinators

Enclosures

1995 NUTRITION EDUCATION COUNTIES

Alameda  
Butte  
Contra Costa  
Los Angeles  
Madera  
Marin  
Monterey  
Orange

Riverside  
Sacramento  
San Benito  
San Diego  
San Francisco  
San Joaquín  
San Mateo  
Santa Barbara

Santa Clara  
Santa Cruz  
Solano  
Sonoma  
Stanislaus  
Tulare  
Ventura

# **FOOD STAMP NUTRITION EDUCATION PROGRAM OF CALIFORNIA**

**(FSNEP-CA)**

Proposal Developed by:

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## I. INTRODUCTION

### A. Overview

The University of California Cooperative Extension (UCCE) and the California Department of Social Services (CDSS) have developed a joint proposal to implement the Food Stamp Nutrition Education Program (FSNEP) to address the nutrition education needs of Food Stamp recipients in California. UCCE is the statewide arm of the University of California. With County Extension offices in 52 counties in California, UCCE offers research-based programs in Home Economics, Agriculture, Toxicology, Forestry and other Natural Resources. County Home Economists and Farm Advisors coordinate, direct and implement research and education programs, training, and public service to all Californians. In addition, UCCE operates the statewide Expanded Food and Nutrition Education Program (EFNEP).

CDSS will enter into an inter-agency agreement with UCCE to provide nutrition education services in accordance with the provisions of this Plan. CDSS will serve as the conduit for the federal matching funds and will assist as needed with liaison activities with county welfare departments. In addition to the contact between the local county extension offices and county welfare departments, CDSS will keep all counties informed of nutrition education activities and opportunities on an as-needed basis.

UCCE staff will work cooperatively with the local county welfare departments. It is not the intent of this project to increase the workload of the county welfare department. County welfare departments will be encouraged to assist with UCCE's activities whenever possible (e.g. distribute newsletters, offer space for classes, etc.), but are not mandated to perform functions which cannot be absorbed into the normal workload without creating a burden and incurring additional costs.

The program initially will consist of two program components and be implemented in 23 California counties. An ADULT nutrition education program will enroll Food Stamp recipients and applicants on a voluntary basis at the local county welfare department. Nutrition education lessons will focus on the following topics: self-sufficiency, food budgeting, managing resources, food preparation skills, food safety and sanitation, and feeding infants and children. A YOUTH nutrition education program will target schools with large numbers of students from Food Stamp households. Teachers at the school sites will be trained to deliver a nutrition education program targeted at youth audiences.

This first year plan will not offer services in proportion to the size of the county Food Stamp population. Instead, a plan has been developed to utilize the existing infrastructure. Using this structure will provide trained program staff (there is a Home Economist and/or Youth Advisor in every county we are targeting);

office space and resources (in Cooperative Extension county offices); and program materials (EFNEP materials are available in all counties where a food and nutrition professional is available).

B. Need for the Program

For calendar year 1993, the total number of households participating in the Food Stamp Program was 1,168,881, or approximately 10% of the household population of California (10,399,700 total households in California, US Census Data, 1990).

Several research studies have shown the benefits of nutrition education, particularly for Food Stamp recipients (references are located in Appendix B). These studies have focused on improvements in food-related behavior and skills as well as improvement in nutrition knowledge and attitudes. In a study by Davis and Neenan (1979), the impact of Food Stamps and nutrition education was examined and results demonstrated that Food Stamp recipients who received nutrition education improved their ability to select and purchase foods for their families. In addition, the impact of the combination of Food Stamps and nutrition education had a strong positive correlation: nutrition education combined with Food Stamps improved the nutritional status of the recipient.

In a review by Davis (1982), the Food Stamp Program has been successful in improving the ability of Food Stamp recipients to improve their diet. Many of the studies reported in the review show that improved nutrition knowledge has an additional positive impact on dietary improvements.

In 1973, a report by the USDA-Economic Research Service compared families in EFNEP who received Food Stamps and non-participants. The results showed that families receiving both nutrition education (EFNEP and Food Stamps) had better diets than the non-participating families. The study contained 2,843 families (EFNEP and Food Stamps) and 2,306 families who were eligible, but non-participating.

In 1992, researchers Shanklin et al, studied the nutrition education needs and services among American Indians participating in a federal food assistance program. The article addresses the need for more nutrition education assistance and outlines guidelines for an optimal program. Some of the principles are:

- knowledge of target population;
- involvement of community; and
- providing relevant, culturally-appropriate nutrition and health information.

The need for a nutrition education program to improve the self-sufficiency of Food Stamp recipients has been illustrated by the research discussed above.

Further work is needed in understanding the best methods to use in assisting Food Stamp recipients to use their resources more effectively.

C. Objectives of FSNEP

The major goal of FSNEP is to improve the nutrition-related skills of Food Stamp recipients, specifically those skills related to selecting, purchasing and preparing a low-cost nutritional diet for themselves and their family. FSNEP has the following objectives:

- Improved self-sufficiency of Food Stamp recipients
- Decreased reliance on emergency food resources
- Increased skills in food budgeting and meal planning
- Improved diet for entire family
- Increased consumption of fruits and vegetables
- Increased variety in food choices
- Improved food preparation skills
- Improved knowledge of safe food practices

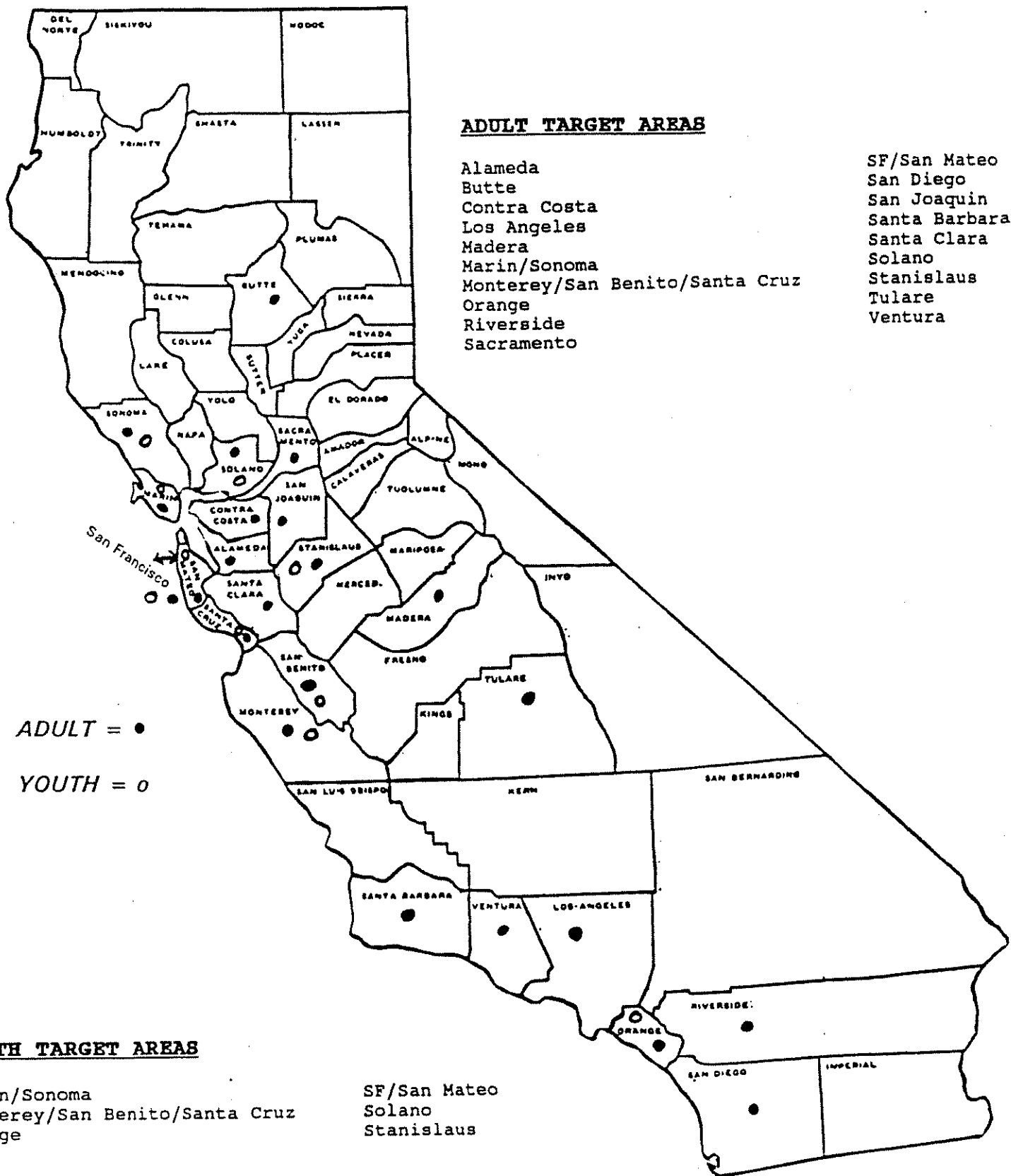
## II. PROPOSAL DESCRIPTION

### A. Target Population/Areas

The target population of FSNEP will be adult and youth Food Stamp recipients located in the 23 participating California counties. The following map of California shows the location of all the proposed programs. As the map indicates, the program will be implemented throughout the state and will be found in both urban and rural locations. In addition, Chart 1 indicates the specific target areas within the individual counties that will be served.



# TARGET AREAS SERVED BY FSNEP PROGRAM



**CHART 1**  
**SPECIFIC TARGET AREAS WITHIN INDIVIDUAL COUNTIES**  
**SERVED BY FSNEP PROGRAMS FOR ADULT AND YOUTH COMPONENTS**

	ADULT TARGET AREAS	YOUTH TARGET AREAS
ALAMEDA	New Food Stamp applicants of Alameda	
BUTTE	Oroville Food Stamp recipients	
CONTRA COSTA	Martinez Department of Social Services Office (North Central part of county)	
LOS ANGELES	Los Angeles Food Stamp recipients	
MADERA	Madera County Food Stamp recipients	
MARIN	Marin City, Canal area, Pilgrim Park	Burbank, Doyle park, Helen Lehman, Lawrence Cook Jr. High, Monroe, Bellevue, Kawana, Roseland, Sheppard, Windsor, Wright, Guerneville, Monte Rio Union, Kashia Indian Reservation, Healdsburg
MONTEREY	Salinas, Seaside/Marrion, Castroville	Salinas, Gonzales, Greenfield
SAN BENITO	Hollister	School Districts: Alisal, Salinas, Gonzales, Greenfield
SANTA CRUZ	Pajaro Valley, Watsonville, Santa Cruz	Schools: Alisal, Bardin, Barton, Frank Paul, Fremont, Sanborn, Steinback, Fairview, La Gloria, Greenfield, Oak Avenue
ORANGE	Anaheim (regional centre) and Santa Ana (regional centre)	South Ana, Anaheim  School Districts: Santa Ana, Anaheim City  Schools: Carver, Edison (in Santa Ana), Heninger, Jackson, Lowell, Madison, Edison (in Anaheim), Franklin, Jefferson, Dey, Lincoln, Palm Lane, Revere

CHART 1, CONTINUED

	ADULT TARGET AREAS	YOUTH TARGET AREAS
RIVERSIDE	Western Riverside County, Corona-Novco, Temecula Valley, Rancho California, Murrieta	
SACRAMENTO	Fair Oaks, Carmichael, Orangevale, Mather Air Force Base (Rancho Cordova)	
SAN DIEGO	San Diego Food Stamp recipients	
SAN FRANCISCO/ SAN MATEO	Mission, Bayview/Hunter's Point, Visitation Valley, Western Addition, Ingleside neighborhoods, San Francisco Food Stamp Office	San Francisco, East Palo Alto, Redwood City  School Districts: San Francisco Unified  Schools: Bryant, George Washington, Malcolm, El Dorado, Fairmount, Leonard Flynn, Glen Park, Guadalupe, Starr King, Monroe, Moscone, Jean Parker, Redding, Sanchez, Junipero Serra, Spring Valley, Belle Haven, John Swett, Brentwood Oaks, Costano, Flood, Menlo Oaks, Caesar Chavez, Willow Oaks, Fair Oaks, Garfield, Hoover, Roosevelt, Selby Lane, Cabrillo, Bessie Carmichael, Cleveland Douglas Alternative, Malcolm X, Golden Gate, Gratten, Hillcrest, Francis Scott Key, Frank McCoppin, Miraloma, Sheridan, Sutro, <i>San Mateo:</i> Schools in Palo Alto, Redwood City
SAN JOAQUIN	San Joaquin County Food Stamp recipients	
SANTA BARBARA	Santa Barbara County Food Stamp recipients, Guadalupe, Santa Maria	
SANTA CLARA	Sunnyvale, Santa Clara, Mountain View, South San Jose	

CHART 1, CONTINUED

	ADULT TARGET AREAS	YOUTH TARGET AREAS
SOLANO	Fairfield, Suisun, Travis, Vacaville, Vallejo	Vallejo  School Districts: Vallejo City Unified  Schools: Beverly Hills, Davidson, Federal Terrace, Highland, Lincoln Loma Vista, Patterson, Stephan Manor, Widenmann
SONOMA	Sonoma County Food Stamp recipients	Santa Rosa, Roseland, Windsor, Guerneville, Stewarts Point  School Districts: Santa Rosa, Bellevue, Roseland, Windsor, Wright, Guerneville, Monte Rio, Kashia, Migrant Education
STANISLAUS	Stanislaus County Food Stamp recipients	Stanislaus County's 47 low-income schools not served by Healthy Start
TULARE	Tulare County Food Stamp recipients	
VENTURA	Oxnard	

B. Demographics/Ethnicity

FSNEP will be developed based on the program demographics. UCCE has nutrition education materials in Spanish and some of the Asian languages that we will be used for this program. In counties where a large population of the target audience speaks a language other than English the selection of bilingual nutrition assistants will be encouraged.

The following chart (Chart 2) shows the demographics of the 23 country program sites for both the Adult and Youth components. Data was supplied by the CDSS. The average number of participating Food Stamp households is for calendar year 1993. (Source: Form DFA 296 - Food Stamp Program Monthly Caseload Movement Statistical Report.) The ethnicity data is for July, 1993. (Source: Form DFA 358 - Food Stamp Program Participants by Ethnic Group.)

## CHART 2

### PROGRAM DEMOGRAPHICS

	PROGRAM DEMOGRAPHICS	
ALAMEDA Number of Food Stamp households = 48,145	Ethnicity:	27,725 African American 8,520 White 5,158 Hispanic 4,882 Asian 211 Native American 349 Filipino

	PROGRAM DEMOGRAPHICS	
BUTTE Number of Food Stamp households = 9,118	Ethnicity:	287 African American 7,380 White 683 Hispanic 420 Asian 110 Native American 11 Filipino

	PROGRAM DEMOGRAPHICS	
CONTRA COSTA Number of Food Stamp households = 22,863	Ethnicity:	7,718 African American 8,595 White 3,510 Hispanic 2,010 Asian 68 Native American 217 Filipino

	PROGRAM DEMOGRAPHICS	
LOS ANGELES Number of Food Stamp households = 432,278	Ethnicity:	125,252 African American 66,603 White 187,198 Hispanic 20,479 Asian 898 Native American 1,320 Filipino

# CHART 2, CONTINUED

MADERA Number of Food Stamp households = 4,376	PROGRAM DEMOGRAPHICS	
	Ethnicity:	249 African American 1,470 White 2,616 Hispanic 25 Asian 40 Native American 6 Filipino
MARIN Number of Food Stamp households = 3,187	PROGRAM DEMOGRAPHICS	
	Ethnicity:	439 African American 1,926 White 426 Hispanic 265 Asian 17 Native American 5 Filipino
MONTEREY Number of Food Stamp households = 9,649	PROGRAM DEMOGRAPHICS	
	Ethnicity:	753 African American 1,952 White 5,489 Hispanic 283 Asian 55 Native American 98 Filipino
SAN BENITO Number of Food Stamp households = 1,273	PROGRAM DEMOGRAPHICS	
	Ethnicity:	11 African American 285 White 772 Hispanic 2 Asian 4 Native American 4 Filipino
SANTA CRUZ Number of Food Stamp households = 6,618	PROGRAM DEMOGRAPHICS	
	Ethnicity:	214 African American 4,536 White 1,516 Hispanic 47 Asian 53 Native American 29 Filipino

# CHART 2, CONTINUED

	PROGRAM DEMOGRAPHICS
ORANGE Number of Food Stamp households = 53,740	Ethnicity: 2,671 African American 16,701 White 22,426 Hispanic 11,035 Asian 107 Native American 163 Filipino

	PROGRAM DEMOGRAPHICS
RIVERSIDE Number of Food Stamp households = 37,989	Ethnicity: 5,380 African American 16,557 White 13,514 Hispanic 1,086 Asian 298 Native American 101 Filipino

	PROGRAM DEMOGRAPHICS
SACRAMENTO Number of Food Stamp households = 53,360	Ethnicity: 12,136 African American 22,781 White 6,911 Hispanic 10,441 Asian 462 Native American 279 Filipino

	PROGRAM DEMOGRAPHICS
SAN DIEGO Number of Food Stamp households = 73,659	Ethnicity: 15,120 African American 30,375 White 18,994 Hispanic 3,277 Asian 433 Native American 941 Filipino

	PROGRAM DEMOGRAPHICS
SAN FRANCISCO Number of Food Stamp households = 29,965	Ethnicity: 12,499 African American 197 White 4,013 Hispanic 3,826 Asian 197 Native American 714 Filipino



**CHART 2, CONTINUED**

PROGRAM DEMOGRAPHICS	
SAN MATEO Number of Food Stamp households = 6,829	Ethnicity: 1,816 African American 1,866 White 2,551 Hispanic 469 Asian 43 Native American 205 Filipino

PROGRAM DEMOGRAPHICS	
SAN JOAQUIN Number of Food Stamp households = 22,720	Ethnicity: 2,645 African American 6,844 White 6,431 Hispanic 6,650 Asian 148 Native American 207 Filipino

PROGRAM DEMOGRAPHICS	
SANTA BARBARA Number of Food Stamp households = 8,739	Ethnicity: 506 African American 3,284 White 4,378 Hispanic 159 Asian 43 Native American 50 Filipino

PROGRAM DEMOGRAPHICS	
SANTA CLARA Number of Food Stamp households = 38,529	Ethnicity: 3,328 African American 8,149 White 15,150 Hispanic 10,713 Asian 186 Native American 404 Filipino

# CHART 2, CONTINUED

SOLANO Number of Food Stamp households = 9,586	PROGRAM DEMOGRAPHICS	
	Ethnicity:	<p>3,501 African American</p> <p>4,005 White</p> <p>1,268 Hispanic</p> <p>475 Asian</p> <p>48 Native American</p> <p>202 Filipino</p>

SONOMA Number of Food Stamp households = 8,254	PROGRAM DEMOGRAPHICS	
	Ethnicity:	<p>440 African American</p> <p>5,725 White</p> <p>1,337 Hispanic</p> <p>291 Asian</p> <p>241 Native American</p> <p>14 Filipino</p>

STANISLAUS Number of Food Stamp households = 16,006	PROGRAM DEMOGRAPHICS	
	Ethnicity:	<p>678 African American</p> <p>8,743 White</p> <p>4,683 Hispanic</p> <p>1,724 Asian</p> <p>87 Native American</p> <p>36 Filipino</p>

TULARE Number of Food Stamp households = 19,901	PROGRAM DEMOGRAPHICS	
	Ethnicity:	<p>742 African American</p> <p>5,708 White</p> <p>11,322 Hispanic</p> <p>1,898 Asian</p> <p>336 Native American</p> <p>301 Filipino</p>

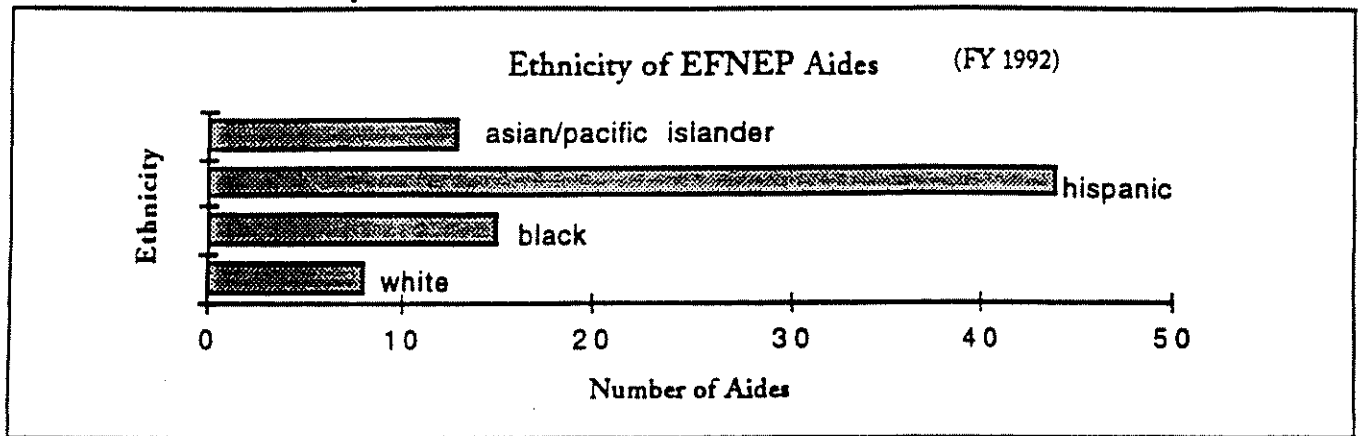
# CHART 2, CONTINUED

VENTURA Number of Food Stamp households = 14,354	PROGRAM DEMOGRAPHICS	
	Ethnicity:	<p>780 African American</p> <p>5,158 White</p> <p>7,324 Hispanic</p> <p>248 Asian</p> <p>68 Native American</p> <p>116 Filipino</p>

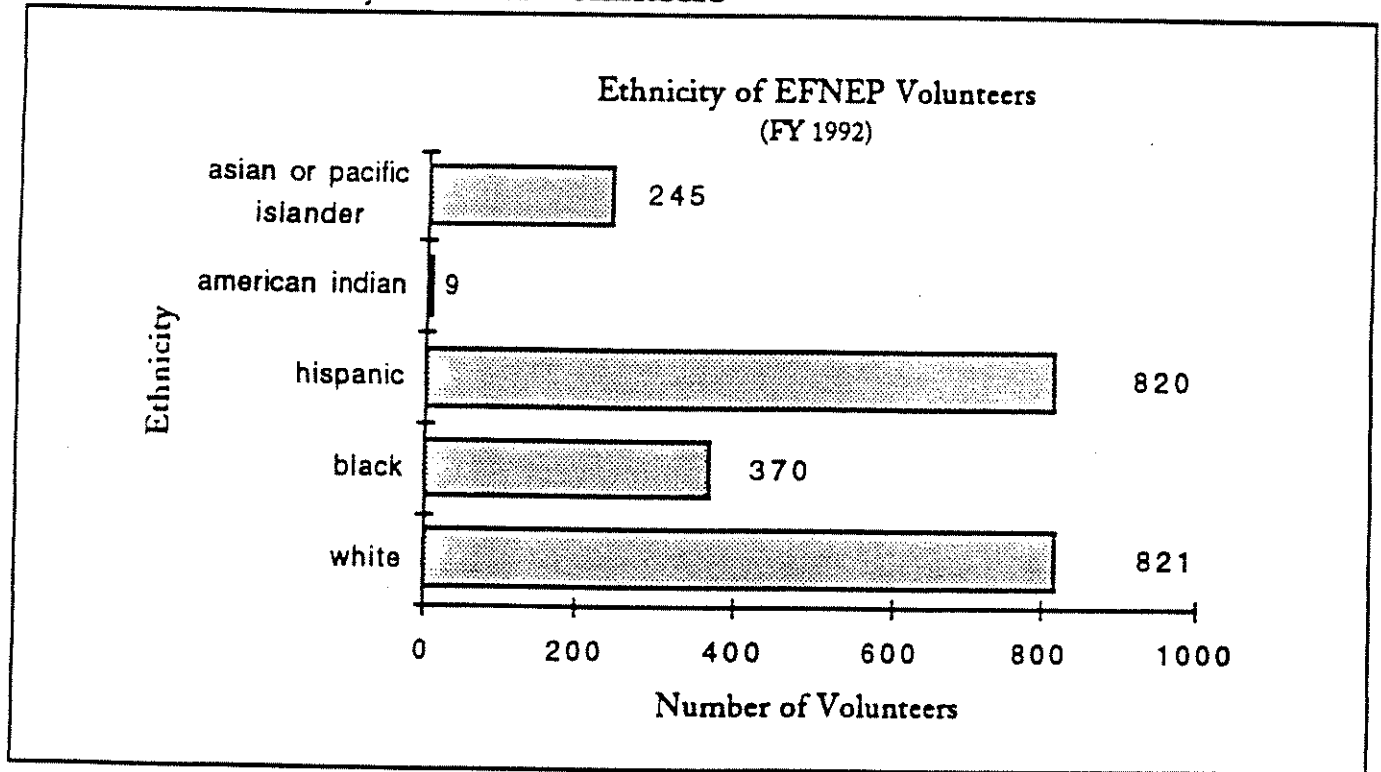
The following charts (Charts 3 and 4) contain background information on the ethnicity of existing staff for EFNEP. We expect to have a similar profile for FSNEP.

Community involvement is an essential element in UCCE. The FSNEP will similarly seek a community-based program approach by hiring staff that are familiar and involved in the communities they will be serving. This approach has been a significant and unique feature of UCCE.

**Chart 3: Ethnicity of EFNEP Aides**



**Chart 4: Ethnicity of EFNEP Volunteers**



C. The FSNEP Adult/Youth Plans

The FSNEP Program will be administered by a coordinator who will be located at the University of California, Davis campus. Two program components (Adult and Youth) will be implemented and managed by county Cooperative Extension Home Economists. The county Home Economists will work closely with the local county welfare department.

1. The Food Stamp Nutrition Education Program Plan - Adult

The Adult program will target adult members of Food Stamp households in order to improve self-sufficiency through a variety of nutrition education programs. Home Economists will hire and supervise one half-time field staff person for the program year. The field staff person will deliver the nutrition education programs to Food Stamp recipients and applicants who will be recruited for the nutrition program at the county welfare department where they are certified or are applying. In some counties program activities can be offered at the welfare department. In others, the program activities will be offered at a nearby location (community center or other site). When Food Stamp recipients are enrolled in FSNEP, demographic data will be collected (name, address, phone number, ethnicity, gender, family size).

The following is the Adult Nutrition Education Plan:

## ADULT NUTRITION EDUCATION PLAN

### Goals

- Improve self-sufficiency (managing resources, food buying and food preparation) of food stamp participants
- Improve food shopping skills of food stamp recipients
- Improve cooking and food preparation skills of food stamp recipients
- Improve fruit and vegetable consumption of food stamp recipients
- Improve infant and child feeding practices of food stamp recipients
- Improve food safety and food sanitation skills of food stamp recipients

Objectives	Activities	Time Frame	Documentation of Outcome
<ul style="list-style-type: none"> <li>● All new Food Stamp Nutrition Education Assistants (19 NEAs and 1 Program Representative, 0.5 FTE) will be trained to deliver the nutrition education programs.</li> </ul>	<ul style="list-style-type: none"> <li>● Statewide Specialist and Coordinator will organize training in geographical areas to introduce materials and educational approaches and methods to staff.</li> </ul>	January 1995 to September 1995	<ul style="list-style-type: none"> <li>● Attendance by FSNEP Staff</li> <li>● Evaluation of training</li> </ul>
<ul style="list-style-type: none"> <li>● Each NEA (0.5 FTE) will recruit and teach 200 Food Stamp recipients annually.</li> </ul>	<ul style="list-style-type: none"> <li>● NEA will work with local Food Stamp office to recruit participants.</li> <li>● NEA will develop a list of a minimum of 200 enrolled participants.</li> <li>● NEA will organize mini-lessons at community sites, supermarkets and teach participants.</li> <li>● NEA will collect evaluation data from a sample of participants.</li> </ul>	January 1995 to September 1995.	<ul style="list-style-type: none"> <li>● Enrollment data</li> <li>● Evaluation data</li> </ul>
<ul style="list-style-type: none"> <li>● Each county program will have a minimum of 500 enrolled recipients receiving a nutrition education newsletter.</li> </ul>	<ul style="list-style-type: none"> <li>● NEA and Home Economist will develop a monthly Food Stamp newsletter.</li> <li>● NEA will provide newsletter to enrolled Food Stamp recipients</li> <li>● At least 500 enrolled Food Stamp recipients will receive the newsletter.</li> </ul>	January 1995 to September 1995	Newsletter will be received by enrolled recipients

## Adult Curriculum Resources To Be Used

The use of the following resources, such as videotapes and nutrition education materials, will be based on the program goals. These materials have been tested and found to be very effective.

- Cooking and Food Preparation Skills: At community settings, the For Goodness Sake! videotape series and handouts will be used. This series contains the following videotapes: Broccoli, Non-fat Dry Milk, Rice, Low-cost Protein Sources, Chicken, Snacks, and One-pot Meals. We will also use the videos purchased from Altschul group Corporation, Evanston, Illinois, entitled: "Lily Feeds Her Growing Family"; and "Breakfast - Lily Changes A Habit."
  - Self-sufficiency: We will use the EFNEP lessons on Food Buying and Meal Planning, Managing Your Resources and the FNS material entitled Make Your Food Dollars Count.
  - Food Shopping: At supermarkets and other sites, the new EFNEP module on food shopping and buying) will be used with demonstrations.
  - Fruit and Vegetables: At farmers' market sites (or other locations) a lesson on fruit and vegetables with demonstrations and other related materials. We will use the fruit and vegetable curriculum from the Farmers' Market WIC project.
  - Food Safety: At community settings, the EFNEP food safety and sanitation curriculum will be used.
  - Infant Feeding: At community settings, infant feeding curriculum developed by University of California Specialists Dr. Gwynn and Dr. Cudaback will be used.
2. The Food Stamp Nutrition Education Program Plan - Youth  
Each participating county will target children in Food Stamp households that currently are not targeted by EFNEP. County Extension staff will recruit and train teachers and other volunteers to deliver the nutrition education experience (6 to 10 hours) in school and community after-school settings. Teachers from target schools will be recruited by FSNEP Youth Assistants and trained to deliver the FSNEP program. The overall mission of this project will be to provide practical and reliable information to youthful recipients of Food Stamps in the areas of nutrition, food safety, and cost effective food purchasing.

The following is the Youth Nutrition Education Plan:



## YOUTH NUTRITION EDUCATION PLAN

### GOALS

- Expose children to a variety of low fat, low sugar and high fiber food experiences, especially fruits and vegetables.
- Increase awareness of food safety practices for children who prepare some of their own meals and snacks.
- Expose children to unit pricing/comparison shopping to determine the *best buy* (ages 9 to 11 year olds only).

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Objectives	Activities	Time Frame	Documentation of Outcome
<hr/>			
● All new FSNEP Staff (approximately 6) will be trained to deliver the nutrition education programs.	● County FSNEP staff will participate in training workshops focusing on Nutrition Education and <i>Eating Right Is Basic</i> Curriculum provided by Specialist and State staff.	January 1995 to September 1995	<ul style="list-style-type: none"><li>● Attendance by FSNEP Staff</li><li>● Evaluation completed by FSNEP staff</li></ul>
● Each youth assistant at 0.5 FTE will train at least 40 teachers who will deliver the program in targeted schools. A minimum of 700 children from Food Stamp families will complete the nutrition education experience.	<ul style="list-style-type: none"><li>● <u>Recruitment of Teachers</u></li><li>● Youth Assistant will work with Home Economist or Youth Development Advisor to plan teacher recruitment.</li><li>● Youth Assistant will recruit teachers from Food Stamp Nutrition Education target schools.</li><li>● Youth Assistant will work with Food Stamp Nutrition Education target schools to add foods, nutrition and gardening education to current classroom curricula.</li></ul>	March 1995 to September 1995	Teacher workshop enrollment records maintained by Home Economist

Objectives	Activities	Time Frame	Documentation of Outcome
	<ul style="list-style-type: none"> <li>• <u>Training of Teachers in target schools</u></li> <li>• Youth Assistant will plan teacher training with help of Home Economist or Youth Development Advisor.</li> <li>• Youth Assistant will train teachers in target schools under the direction of Home Economist or Youth Development Advisor.</li> </ul>	January 1995 to September 1995	Workshop evaluation administered by Youth Assistant
	<ul style="list-style-type: none"> <li>• <u>Implementation of FSNEP experience</u></li> <li>• Teachers will deliver FSNEP program to students</li> <li>• Youth Assistant maintain communications with volunteer teachers by telephone, letters and personal visits</li> <li>• Youth Assistant will collect enrollment information and evaluations following completion of the program</li> <li>• Youth Assistant will send evaluation to Statewide Coordinator, UC Davis</li> </ul>	January 1995 to September 1995	<i>Eating Right is Basic Teacher Evaluation</i> administered by Youth Assistant

### Youth Curriculum Resources To Be Used

Use of the following resources will be based on program goals. These materials have been developed and tested on youth and will be used in the schools as described in the Youth Plan.

- *Eating Right Is Basic for 6 to 8 Year Olds (English)*
- *Eating Right Is Basic for 6 to 8 Year Olds (Spanish)*
- *Eating Right Is Basic for 6 to 8 Year Olds (Chinese)* - to be completed summer, 1994
- *Train the Trainer Packet, Eating Right Is Basic for 6 to 8 Year Olds*
- *Eating Right Is Basic for 9 to 11 Year Olds (English)*
- *Eating Right Is Basic for 9 to 11 Year Olds (Spanish)*
- *Eating Right Is Basic for 9 to 11 Year Olds (Chinese)* - to be completed summer, 1994
- *Train the Trainer Packet, Eating Right Is Basic for 9 to 11 Year Olds*
- *Pyramid Productions: Using the Food Guide Pyramid with Children*
- *Food Practices of Selected Cultural Groups in California*

### 3. County Specific Activities

The following chart (Chart 5) depicts county specific program activities for the Adult and Youth Programs.

# CHART 5

## PROGRAM ACTIVITIES

ALAMEDA Number of Food Stamp households = 48,145	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.	N/A

BUTTE Number of Food Stamp households = 9,118	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting; and managing resources; videotapes at Food Stamp offices	N/A

CONTRA COSTA Number of Food Stamp households = 22,863	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting; videotapes in Food Stamp waiting rooms; cooking demonstrations at Farmers' Markets.	N/A

LOS ANGELES Number of Food Stamp households = 432,278	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotapes in Food Stamp offices.	N/A

MADERA Number of Food Stamp households = 4,376	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; Spanish-language audio-tapes and materials.	N/A

CHART 5, CONTINUED

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
MARIN Number of Food Stamp households = 3,187	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; Farmers' Market nutrition lessons; and food safety and sanitation lessons.	N/A

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
MONTEREY Number of Food Stamp households = 9,649	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; cooking demonstrations and videotape lessons	Target Population: Youth (9-11 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.
SAN BENITO Number of Food Stamp households = 1,273	Same as Above	Same as Above
SANTA CRUZ Number of Food Stamp households = 6,618	Same as Above	Same as Above

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
ORANGE Number of Food Stamp households = 53,740	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; food safety and infant feeding; videotape lessons; and cooking demonstrations.	Target population: Youth (5-11 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
RIVERSIDE Number of Food Stamp households = 37,989	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; and demonstrations to improve cooking skills.	N/A

CHART 5, CONTINUED

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
SACRAMENTO Number of Food Stamp households = 53,360	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; and cooking demonstrations.	N/A

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
SAN DIEGO Number of Food Stamp households = 73,659	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; and cooking demonstrations.	N/A

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
SAN FRANCISCO Number of Food Stamp households = 29,965	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources and videotape lessons.	Target population: Youths (5-11 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.
SAN MATEO Number of Food Stamp households = 6,829	Same as above	Same as above

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
SAN JOAQUIN Number of Food Stamp households = 22,720	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources and videotape lessons.	N/A

CHART 5, CONTINUED

SANTA BARBARA Number of Food Stamp households = 8,739	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources.	N/A
SANTA CLARA Number of Food Stamp households = 38,529	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; and cooking demonstrations.	N/A
SOLANO Number of Food Stamp households = 9,586	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons cooking demonstrations; and Farmers' Market	Target population: Youths (5-11 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.
SONOMA Number of Food Stamp households = 8,254	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons; Farmers' Market nutrition lessons and food safety and sanitation lessons.	Target population: Youths (5-14 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.
STANISLAUS Number of Food Stamp households = 16,006	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources, and videotape lessons.	Target population: Youths (7-11 years)  Program activities: Recruit and train teachers to educate youths on "Eating Right Is Basic" nutrition subject matter.
TULARE Number of Food Stamp households = 19,901	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
	Target population: Families with children  Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons and cooking demonstrations.	N/A

CHART 5, CONTINUED

	ADULT PROGRAM ACTIVITIES	YOUTH PROGRAM ACTIVITIES
VENTURA Number of Food Stamp households = 14,354	<p>Target population: Families with children</p> <p>Program activities: Newsletter to all enrolled participants; mini-workshops on food budgeting and managing resources; videotape lessons and supermarket nutrition lessons.</p>	N/A



### **III. OTHER CALIFORNIA NUTRITION PROGRAMS**

There are other nutrition education programs in which Food Stamp recipients could participate. However, UCCE will work cooperatively with other nutrition services to prevent duplication of these other services.

#### **Expanded Food and Nutrition Education Program**

The Expanded Food and Nutrition Education Program (EFNEP) assists low-income families and youth in acquiring the knowledge, skills, attitudes, and changed behaviors necessary for improvement of total family diet and nutritional welfare. Instruction reflects the nutritional needs and cultural heritage of the audience.

#### **Women, Infants, and Children**

The Special Supplemental Food Program for Women, Infants, and Children (WIC) provides nutritious food (via vouchers), individual counseling, and referrals to health care to high-risk women and children up to age five, with incomes up to 185% of poverty. Because the benefits are targeted to women and infants at highest risk, few children over two years old are served by California WIC.

#### **Child Nutrition Programs**

The following federal child nutrition programs are administered by the Child Nutrition and Food Distribution Division: National School Lunch Program, School Breakfast Program Special Milk Program, Child Care Food Program, Nutrition Education and Training Program, and the Donated Food Program.

#### **Department of Education's Nutrition Education and Training**

Nutrition Education and Training (NET) is a federally funded program providing comprehensive nutrition information and education programs to children, teachers, food service personnel, program administrators, and parents. A major goal is to effect changes in eating patterns that will result in the improved health and well-being of children. A majority of the NET budget is used for the training of school food service personnel.

### Miscellaneous

Local county welfare departments may have nutrition education programs in place or have cooperative arrangements with local community groups to provide nutrition education services. Further, other community agencies may receive federal grants to test the delivery of specific nutrition education services. Where these other programs exist, UCCE will work cooperatively to prevent coordination problems for local county welfare departments.